

Aging with **GUSTO**

Igniting more positive views of aging

Our attitudes about aging have an impact on our quality of life, health and even longevity.

Join us for this **series of three sessions** to:

- **Examine your views** on aging and listen to the views of others
- **Understand the influences** on your views, including the impact of widespread biases and misconceptions about people as they age
- **Learn how to integrate a new, more positive narrative** about aging into your life

Three Mondays
March 12, 19 and 26
6:00 to 8:00 PM

Forest Lake City Hall
Upstairs Community Room
1408 Lake St S
Forest Lake, MN 55025

Free and open to everyone.



Register by **March 7** at:

Register

vital-aging-network.org

Or by calling
Forest Lake Parks & Rec
651-209-9723

